

## CLAIMS

[c01] A torso harness, comprising:

a safety belt for wrapping around the waist of a person; and

a single strap forming a left and a right leg loop, the single strap having a first end secured to the safety belt and a second end secured to the safety belt, the single strap also having a clasp sliding along the single strap, the single strap for pulling between the legs of the person and up through the groin area, the clasp securing to the safety belt, the single strap thus forming the left and the right leg loop.

[c02] A torso harness according to claim 1, further comprising a groin protector sliding along the single strap, the groin protector reducing injury from an impact to the groin area.

[c03] A torso harness according to claim 2, wherein the groin protector comprises a rigid cup-shaped body and an outwardly extending eyelet, the single strap inserting into and through the eyelet.

[c04] A torso harness according to claim 1, further comprising a second clasp sliding along the single strap, the second clasp also securing to the safety belt, the single strap thus forming the left and the right leg loop.

[c05] A torso harness according to claim 1, further comprising a second clasp sliding along the single strap, the first clasp securing to the safety belt and the second clasp securing to the safety belt, the single strap thus forming the left and the right leg loop.

[c06] A torso harness according to claim 1, wherein the single strap comprises a segment of elastic cordage.

[c07] A torso harness, comprising:

a safety belt for wrapping around the waist of a person; and

a left and a right leg loop attached to the safety belt, the left and the right leg loops formed of a single strap, the left and the right leg loops for insertion of the corresponding legs of the person; and

a groin protector sliding between the left and the right leg loop, the groin protector reducing injury from an impact to the groin area.

**[c08]** A torso harness according to claim 7, wherein the groin protector slides along a strap secured between the left and the right leg loop.

**[c09]** A torso harness according to claim 7, wherein the groin protector comprises a rigid cup-shaped body and an outwardly extending eyelet, the single strap inserting into and through the eyelet.

**[c10]** A method, comprising:

donning a safety belt around the waist of a person;

securing a first end of a single strap to the safety belt, the single strap having a clasp sliding along the single strap;

securing a second end of the single strap to the safety belt;

pulling the single strap between the legs of the person and up around the groin area; and

securing the clasp to the safety belt,

wherein the single strap thus forms a left and a right leg loop.

**[c11]** A method according to claim 10, further comprising sliding a groin protector along the single strap to the groin area of the person.